## I Claim:

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1. A film holder comprising:

wherein the upper surface has four side edges such that a first two opposing side edges each have an inner, a central and an outermost ridge, wherein the three ridges form two channels on either side of the central ridge, and a ledge outside the outermost ridge, and a second two opposing side edges each have tracks comprising a centrally located recessed groove that runs the length of the second two opposing side edges,

a frame having an upper surface, an interior side and a thickness,

a seat formed to the interior side of the frame such that the seat extends toward a center of the holder, the seat having a thickness substantially less than the thickness of the frame, and

a central support adhered on top of the seat.

- 2. The film holder of claim 1, wherein the central support is a glass plate.
- 3. The film holder of claim 1, wherein the central support is 1/16 of an inch thick.
- 4. The film holder of claim 1, wherein the central support further comprises two central lines traversing the central support in parallel.
- 5. The film holder of claim 1, wherein the central support has portions that are masked.
  - 6. The film holder of claim 1, wherein the central support is held to the seat with a sealant.

7. A method for using a film holder with a 4,000-dpi optical-resolution scanner comprising the steps of:

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preparing and cleaning a film holder, the film holder comprising a frame having an upper surface, an interior portion and a thickness, wherein the upper surface has four side edges such that a first two opposing side edges each have an inner, a central and an outermost ridge, wherein the three ridges form two channels on either side of the central ridge, and a ledge outside the outermost ridge, and a second two opposing side edges each have tracks comprising a centrally located recessed groove that runs the length of the second two opposing side edges, a seat integrally formed to the interior portion of the frame such that the seat extends toward a center of the holder, the seat having a thickness substantially less than the thickness of the frame, and a central support adhered on top of the seat,

adding drops of a mounting fluid on the central support,
placing a film on top of the mounting fluid,
adding drops of the mounting fluid on top of the film,
placing a strip of optical acetate on the film,
removing any air bubbles from the film, and
placing the film holder in the 4,000-dpi optical-resolution scanner.

- 8. The method of claim 7, wherein the central support is a glass plate.
- 9. The method of claim 7, wherein the central support is 1/16 of an inch thick.
- 10. The method of claim 7, wherein the central support further comprises two central lines traversing the central support in parallel, wherein the film is placed between the two central lines.

11. The method of claim 7, wherein the central support has portions masked, and wherein the film is placed within an area outlines by the mask.